

NordicTrack®

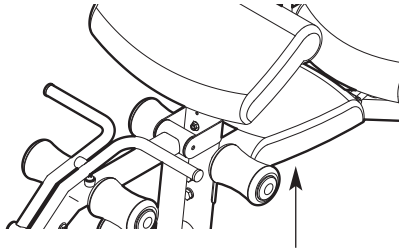
COMPETITION SERIES E 8100

www.nordictrack.com

Model No. NTSY1908.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **DO NOT CONTACT THE STORE;** please contact Customer Care.

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

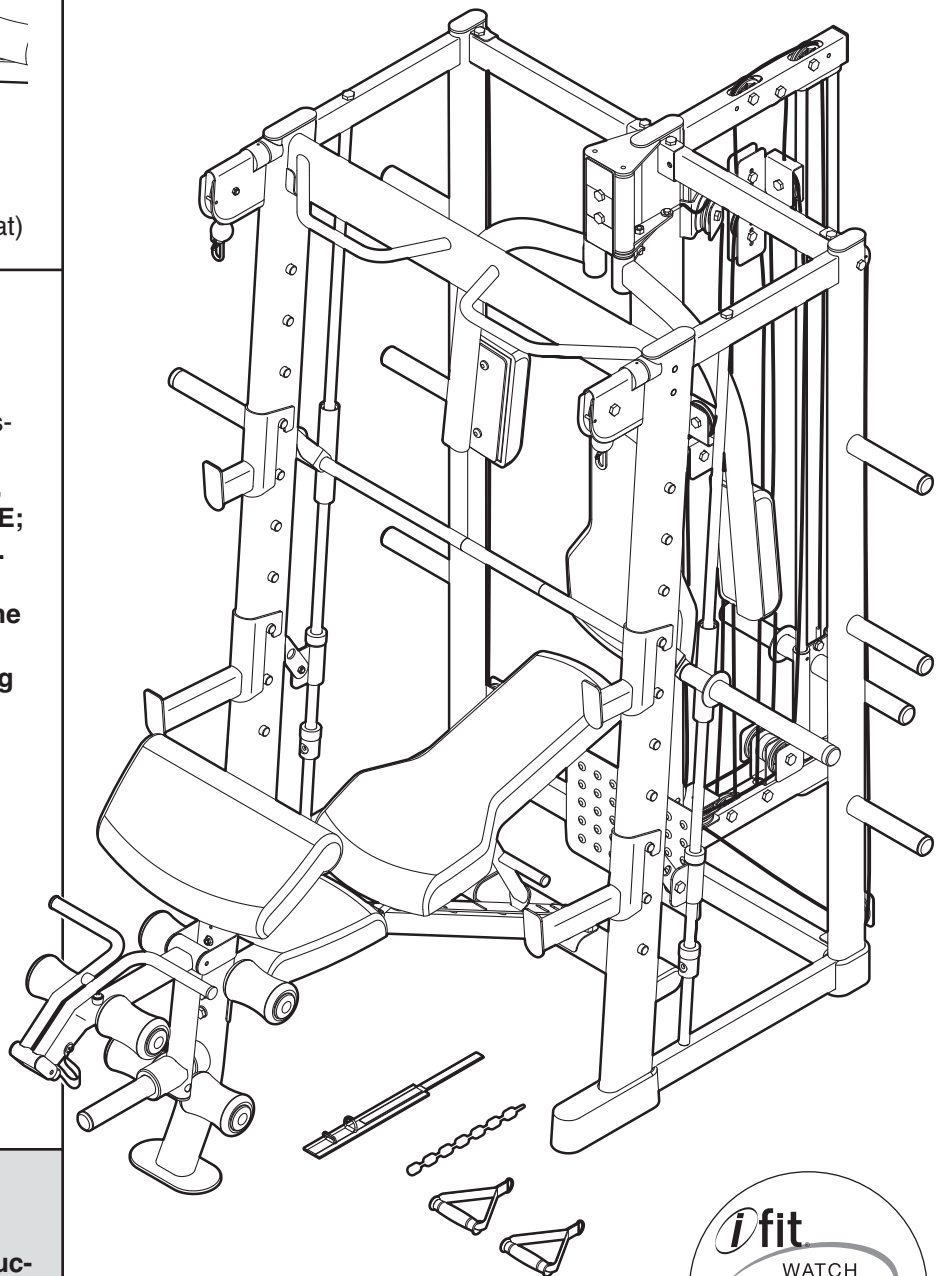
1-888-825-2588

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.nordictrackservice.com



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

⚠ WARNING

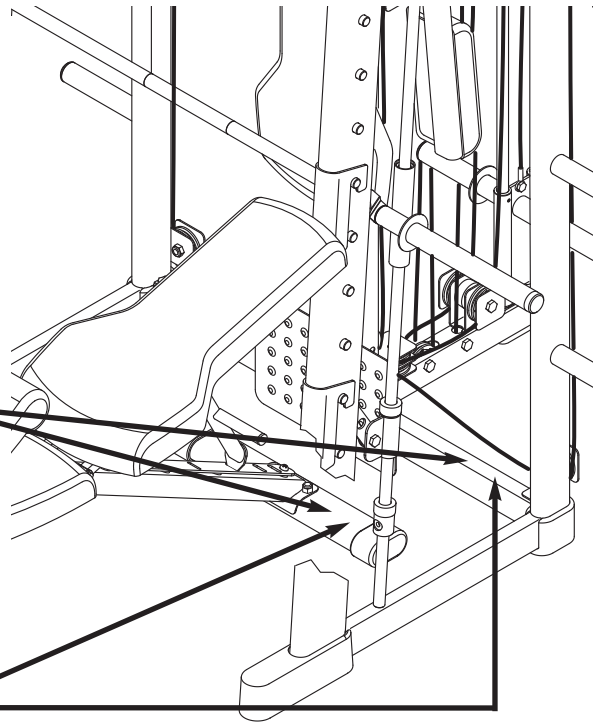
- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.



⚠ WARNING

User Weight: Max 300 LBS
Weight Crutch: Max 310 LBS
Leg Developer: Max 150 LBS
Weight Carriage: Max 150 LBS
Chest Fly Per Arm: Max 50 LBS

Product may not offer all listed exercises.



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight bench before using your weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the weight bench.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.
6. Keep children under age 12 and pets away from the weight bench at all times.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Make sure that the pins and knobs are fully engaged before the weight bench is used.
9. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 610 lbs. (277 kg). Do not place more than 310 lbs. (141 kg) on the barbell carriages. Do not place more than 310 lbs. (141 kg), including a barbell, on the weight rests. Do not place more than 150 lbs. (68 kg) on the leg lever. Do not place more than 150 lbs. (68 kg) on the weight carriage. Note: The weight bench does not include weights.
11. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
12. Always set all the weight rests and safety spotters at the same height.
13. Always place an equal amount of weight on each side of the weight carriage or barbell.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. Always disconnect the curl bar when performing an exercise that does not require the curl bar.
16. If you feel pain or dizziness while exercising, stop immediately and cool down.

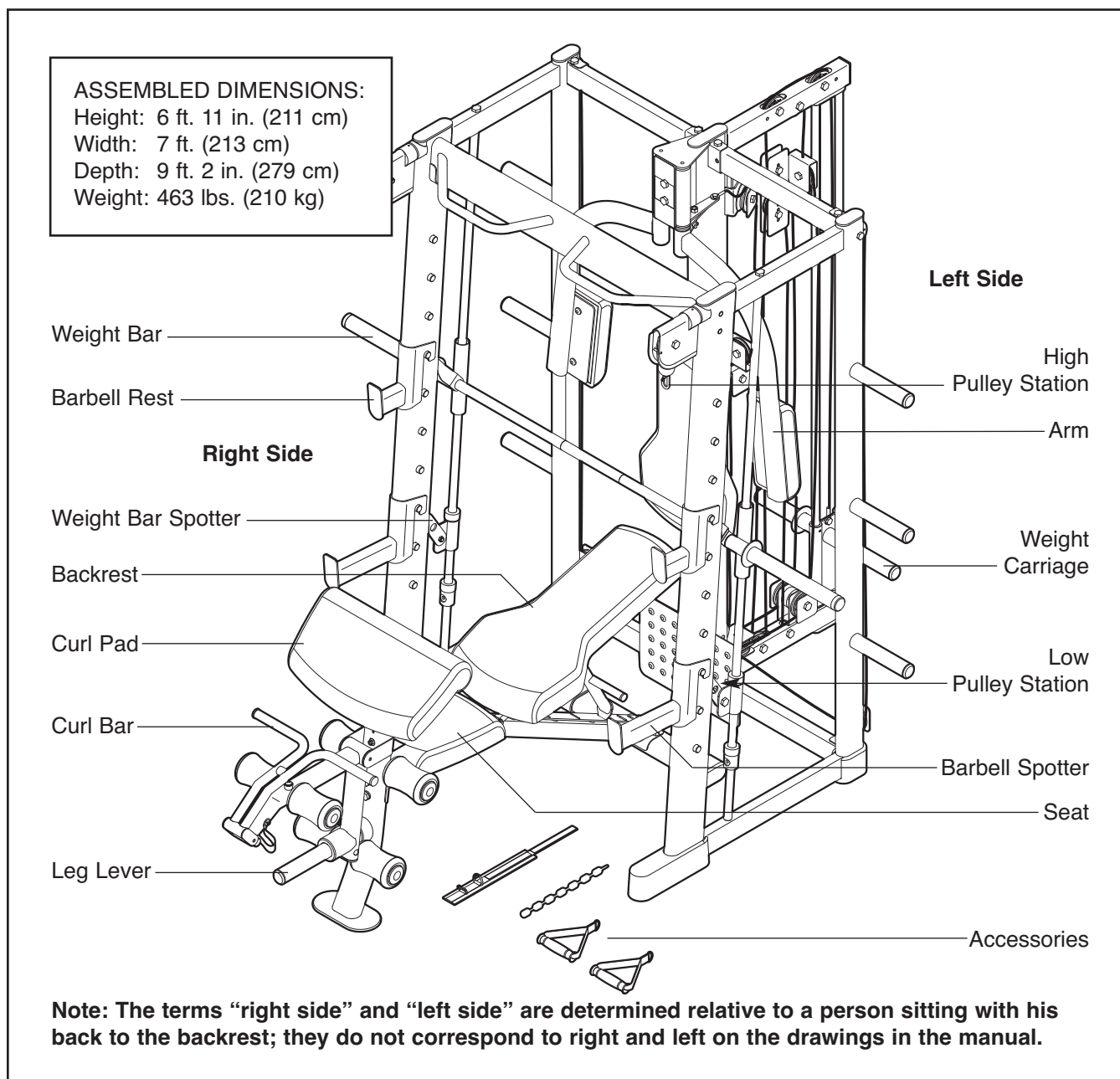
BEFORE YOU BEGIN

Thank you for selecting the versatile NordicTrack® COMPETITION SERIES E8100 weight bench. The weight bench offers an impressive selection of exercise stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

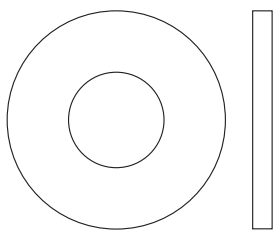
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

For your benefit, read this manual carefully before you use the weight bench. If you have questions

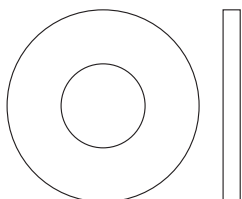


PART IDENTIFICATION CHART

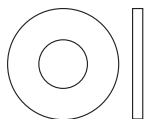
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



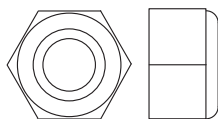
M12 Washer (93)



M10 Washer (66)



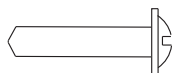
M6 Washer (61)



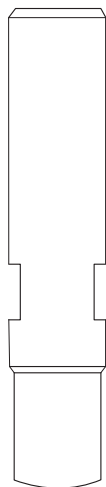
M10 Locknut (65)



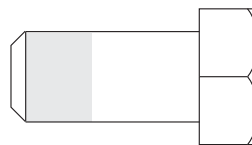
M6 x 20mm
Screw (100)



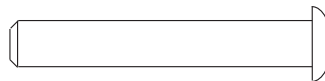
M4 x 19mm
Self-tapping Screw (39)



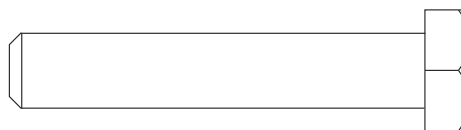
Arm Stop (36)



M12 x 25mm
Patch Screw (91)



M6 x 40mm Screw (80)



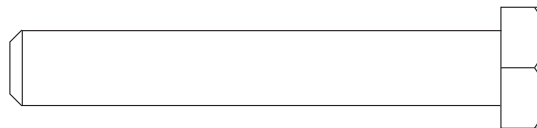
M10 x 55mm Screw (94)



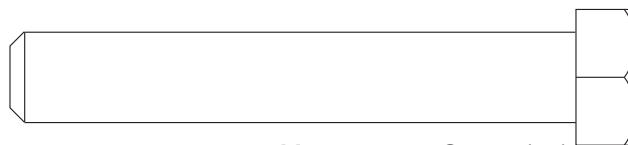
M6 x 65mm Screw (120)



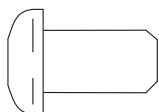
M10 x 65mm Carriage Bolt (121)



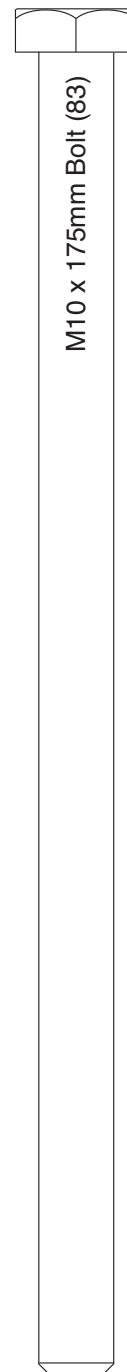
M10 x 65mm Bolt (82)



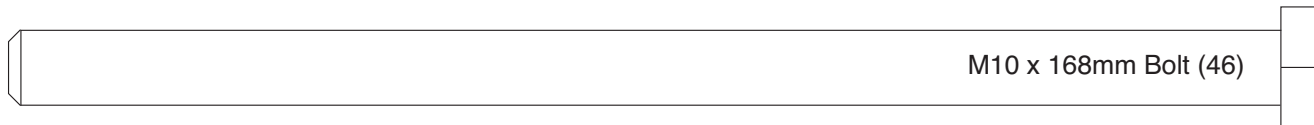
M12 x 75mm Screw (88)



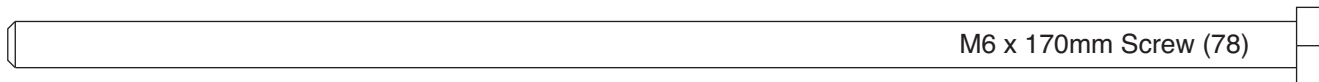
M10 x 107mm Bolt Set (106)



M10 x 175mm Bolt (83)



M10 x 168mm Bolt (46)



M6 x 170mm Screw (78)

ASSEMBLY






Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly requires the following tools:

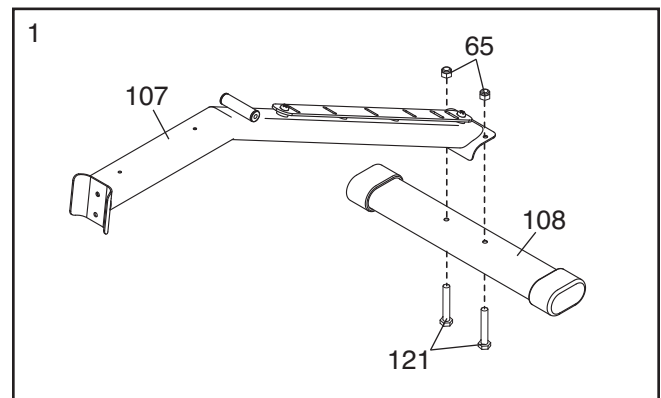
the included hex key(s)	
two adjustable wrenches	
one rubber mallet	
one standard screwdriver	
one Phillips screwdriver	

Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

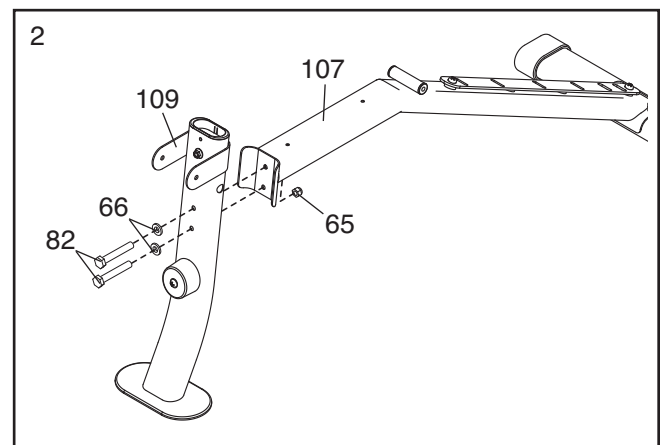
Before beginning assembly, read the important information in the box above. See the PART IDENTIFICATION CHART on page 5 for help identifying small parts.

Attach the Bench Stabilizer (108) to the Bench Frame (107) with two M10 x 65mm Carriage Bolts (121) and two M10 Locknuts (65). **Do not tighten the Locknuts yet.**

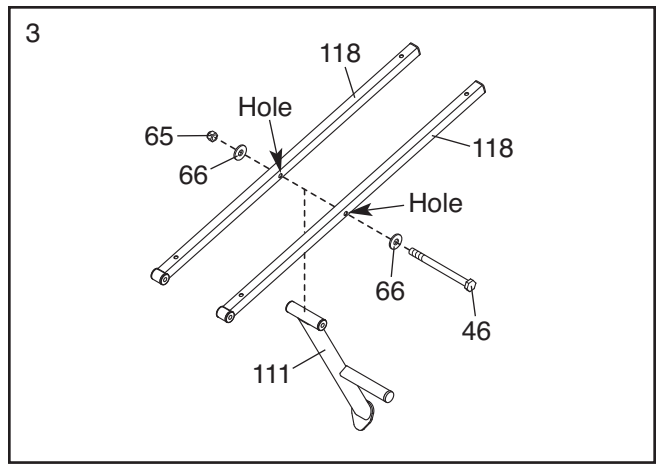


2. Attach the Front Leg (109) to the Bench Frame (107) with two M10 x 65mm Bolts (82), two M10 Washers (66), and an M10 Locknut (65).

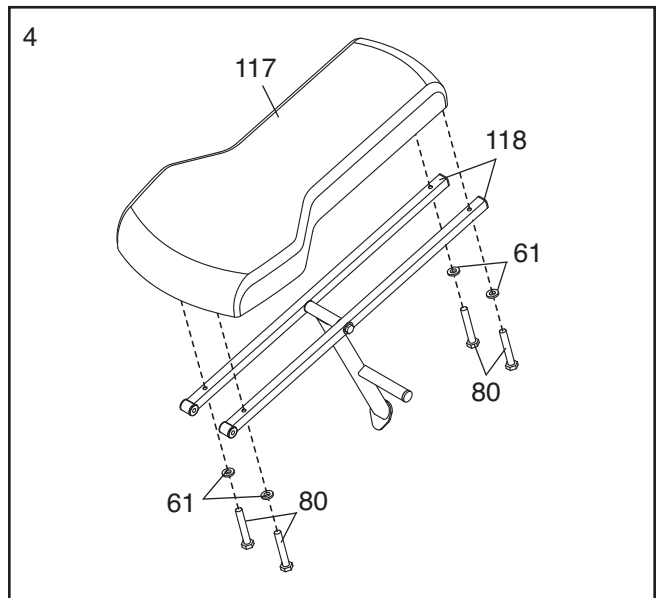
See step 1. Tighten the M10 Locknuts (65).



- Orient the two Backrest Frames (118) so that the indicated holes are closer to the bottom of the Backrest Frames. Attach the Backrest Frames to the Backrest Post (111) with an M10 x 168mm Bolt (46), two M10 Washers (66), and an M10 Locknut (65). **Do not tighten the Locknut yet.**

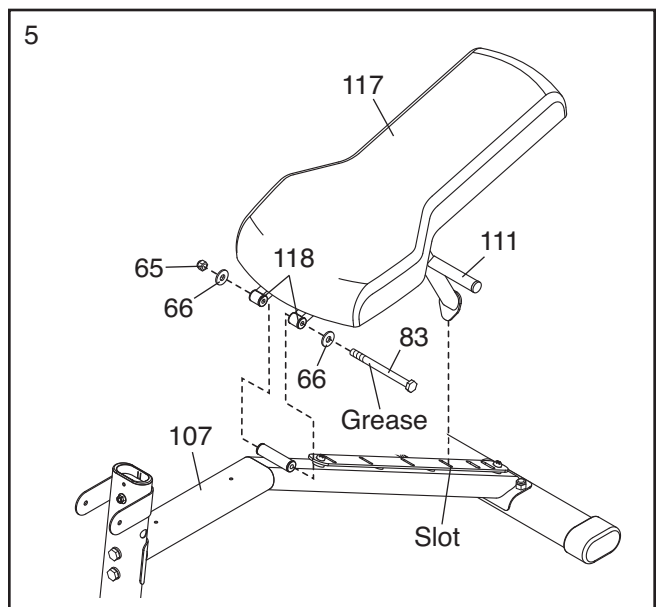


- Attach the Backrest (117) to the Backrest Frames (118) with four M6 x 40mm Screws (80) and four M6 Washers (61). **Do not tighten the Screws yet.**

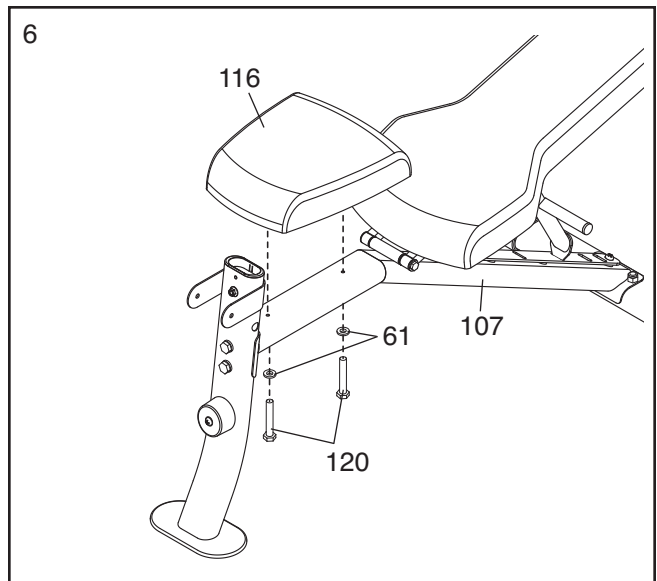


- Apply some of the included grease to an M10 x 175mm Bolt (83). Attach the Backrest Frames (118) to the Bench Frame (107) with the Bolt, two M10 Washers (66), and an M10 Locknut (65). Set the end of the Backrest Post (111) in one of the slots in the Bench Frame. **Do not overtighten the Locknut; the Backrest Frames must pivot easily.**

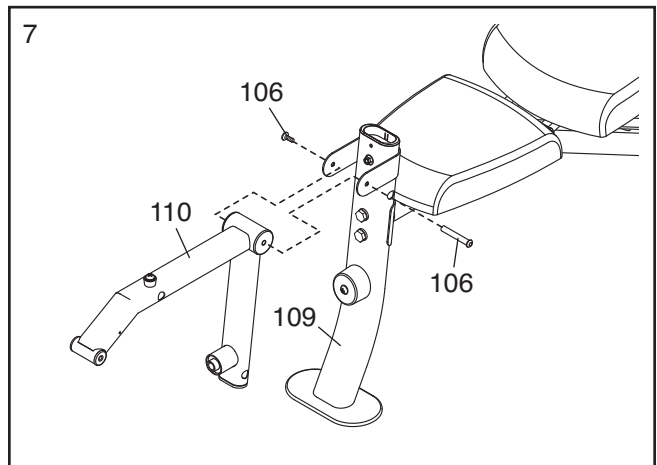
See step 3. Tighten the M10 Locknut (65). **See step 4.** Tighten the M6 x 40mm Screws (80).



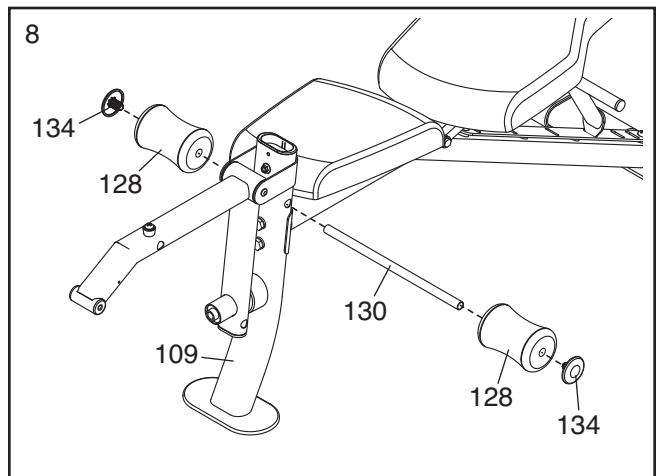
6. Attach the Seat (116) to the Bench Frame (107) with two M6 x 65mm Screws (120) and two M6 Washers (61).



7. Grease the barrel of an M10 x 107mm Bolt Set (106). Attach the Leg Lever (110) to the Front Leg (109) with the Bolt Set. **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Leg Lever.**

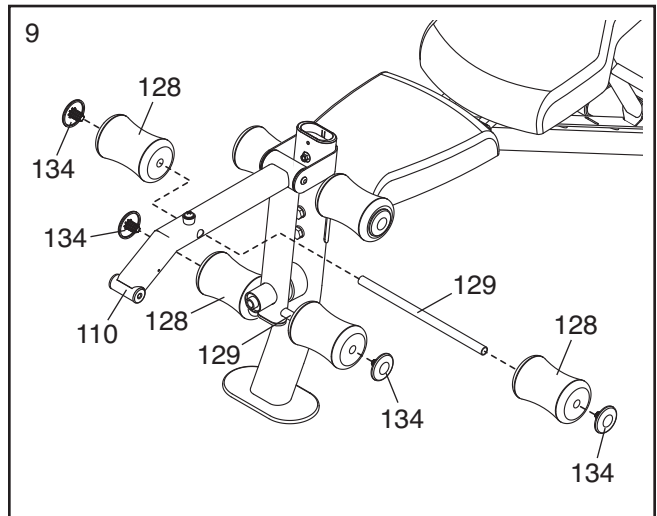


8. Insert the Long Pad Tube (130) into the Front Leg (109). Slide two Foam Pads (128) onto the Long Pad Tube. Then, press a 19mm Round Cap (134) into each Foam Pad.

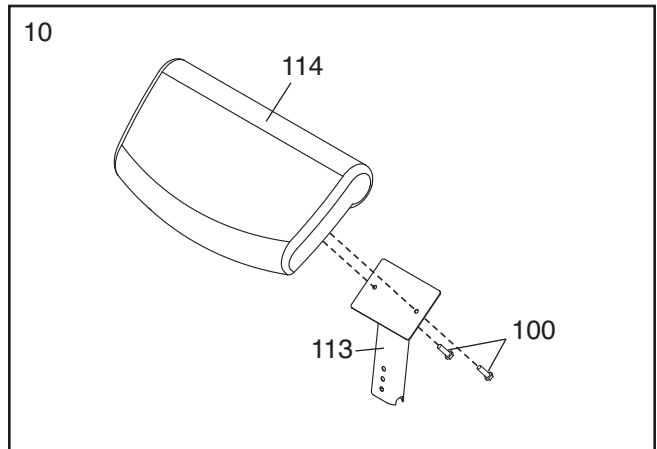


9. Insert a Short Pad Tube (129) into the Leg Lever (110). Slide two Foam Pads (128) onto the Short Pad Tube. Then, press a 19mm Round Cap (134) into each Foam Pad.

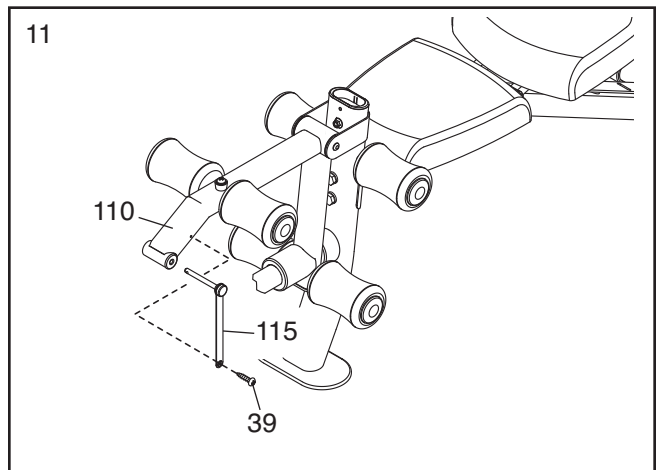
Repeat this step with the other Short Pad Tube (129), Foam Pads (128), and 19mm Round Caps (134).



10. Attach the Curl Pad (114) to the Curl Post (113) with two M6 x 20mm Screws (100).

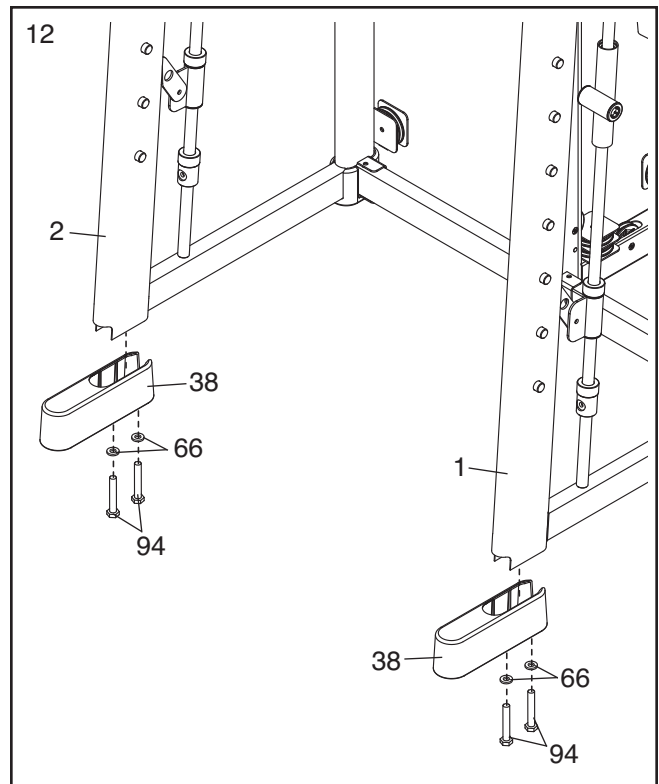


11. Attach the Curl Pin (115) to the Leg Lever (110) with an M4 x 19mm Self-tapping Screw (39).

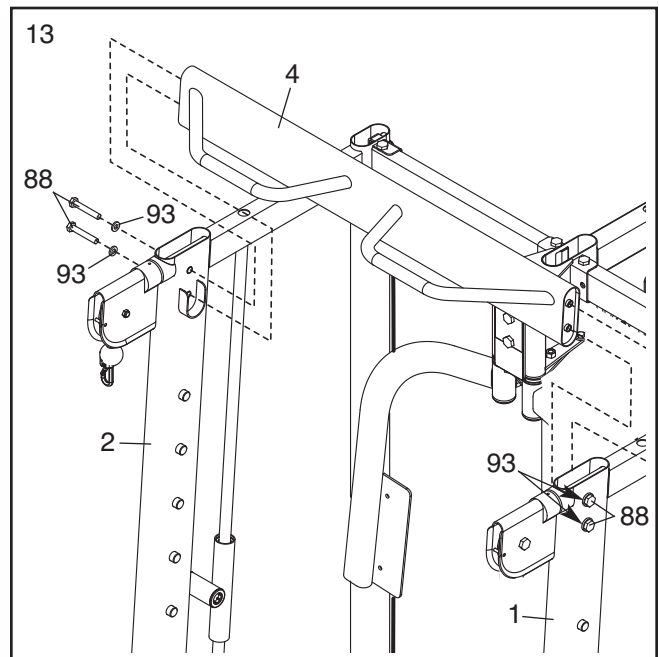


12. Unfold the rack to the position shown. Attach a Front Upright Cap (38) to the Left Upright (1) with two M10 x 55mm Screws (94) and two M10 Washers (66).

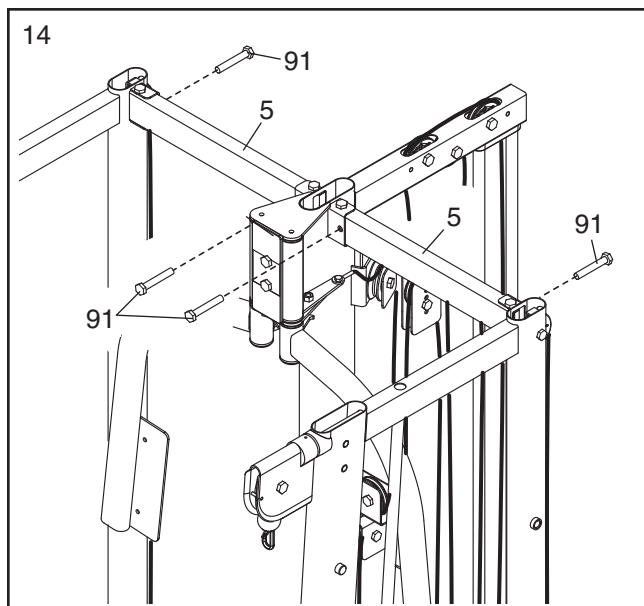
Attach the other Front Upright Cap (38) to the Right Upright (2) in the same way.



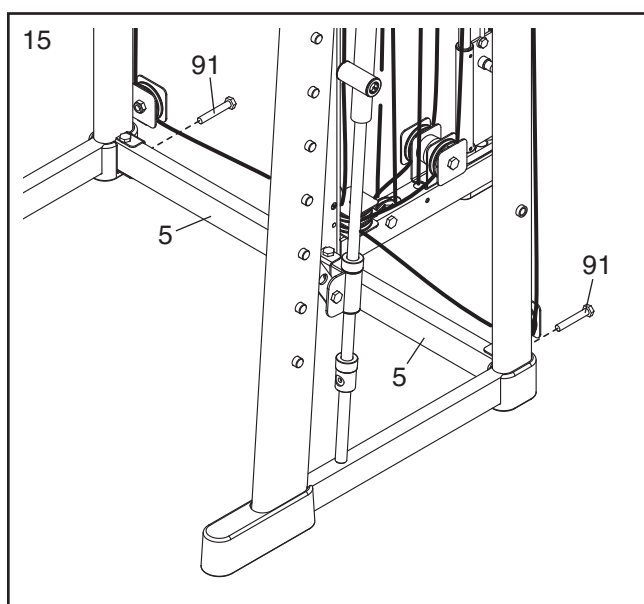
13. While a second person holds the Top Frame (4), attach it to the Left and Right Uprights (1, 2) with four M12 x 75mm Screws (88) and four M12 Washers (93).



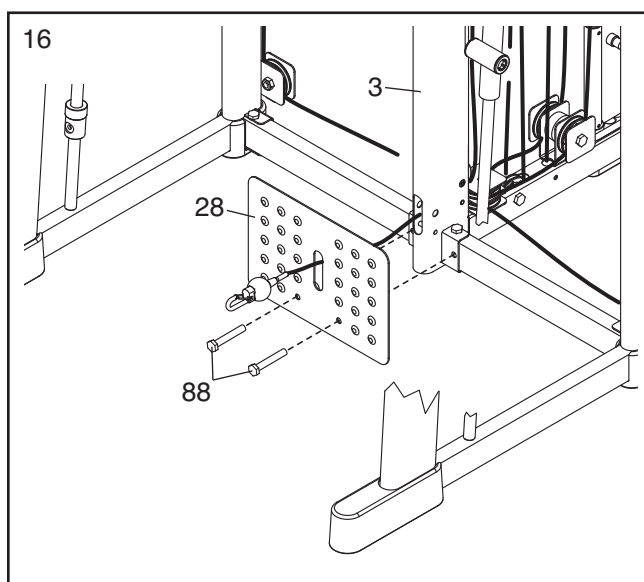
14. Tighten four M12 x 25mm Patch Screws (91) into the upper Hinge Frames (5) as shown.



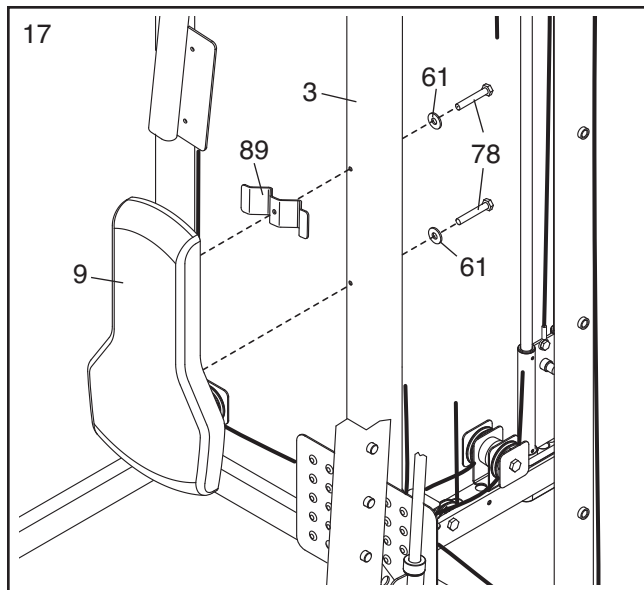
15. Tighten two M12 x 25mm Patch Screws (91) into the lower Hinge Frames (5).



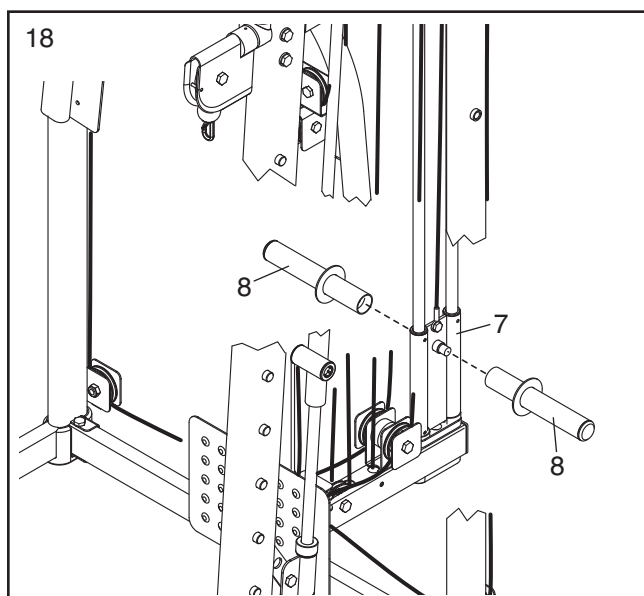
16. Attach the Foot Plate (28) to the Center Upright (3) with two M12 x 75mm Screws (88).



17. Attach the Upright Backrest (9) and the Backrest Bracket (89) to the Center Upright (3) with two M6 x 170mm Screws (78) and two M6 Washers (61).

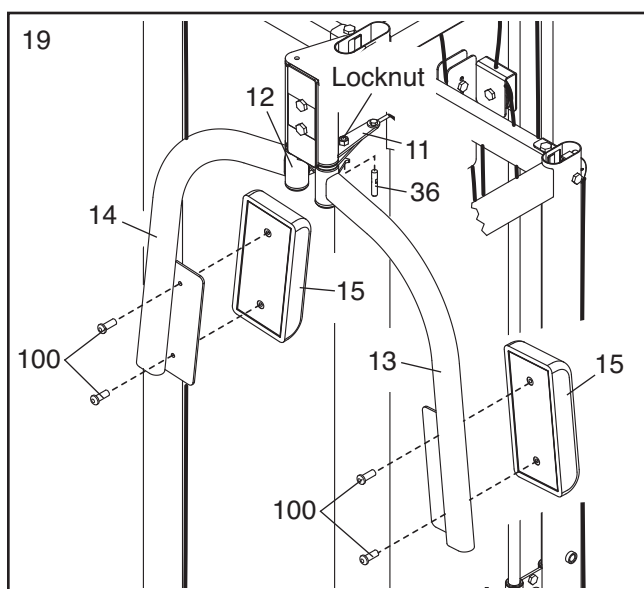


18. Tighten the two Weight Carriage Tubes (8) onto the Weight Carriage (7).

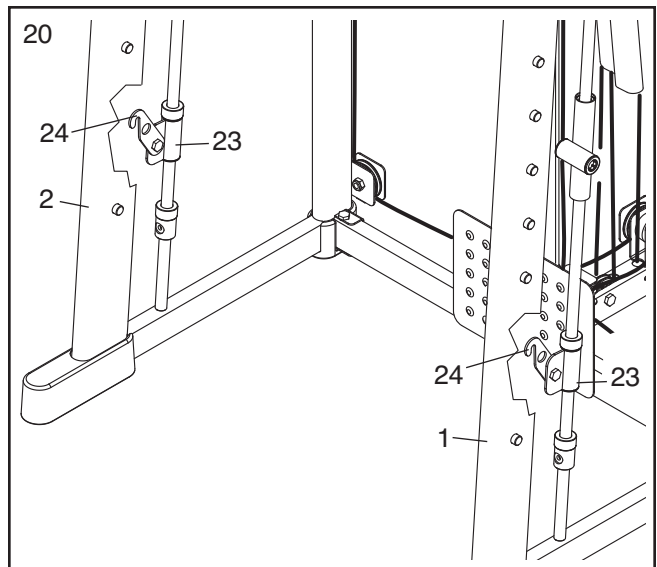


19. Unfold the Left Arm (13). Tighten an Arm Stop (36) into the indicated locknut on the Left Arm Frame (11). Then, attach an Arm Pad (15) to the Left Arm with two M6 x 20mm Screws (100).

Attach the other Arm Stop (not shown) and Arm Pad (15) to the Right Arm Frame (12) and the Right Arm (14) in the same way.

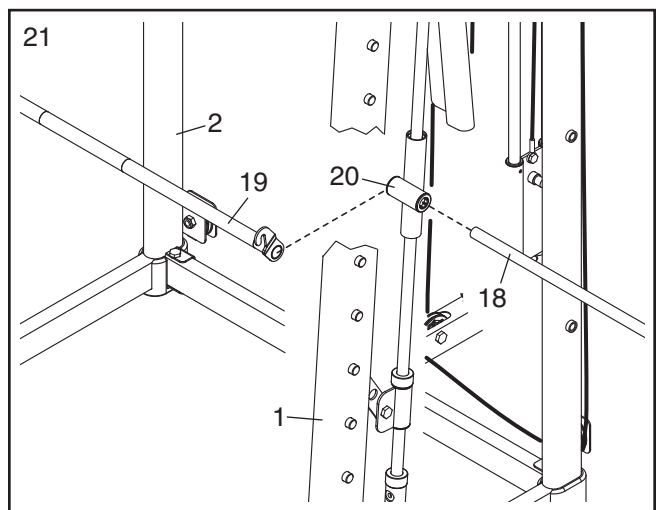


20. Engage each Spotter Hook (24) into an adjustment slot near the bottom of the Left and Right Uprights (1, 2). **Always position both Weight Bar Spotters (23) at the same height.**



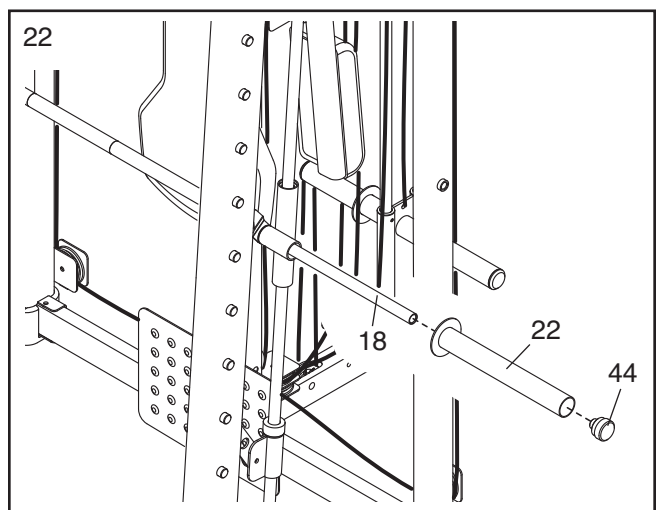
21. Orient the Locking Bar (19) as shown. Have a second person hold the Locking Bar between the left Weight Bar Carriage (20) and the right Weight Bar Carriage (not shown).

Insert the Weight Bar (18) into the left Weight Bar Carriage (20), the Locking Bar (19), and the right Weight Bar Carriage (not shown). **Center the Weight Bar.** Then, engage the Locking Bar into slots in the Left and Right Uprights (1, 2).



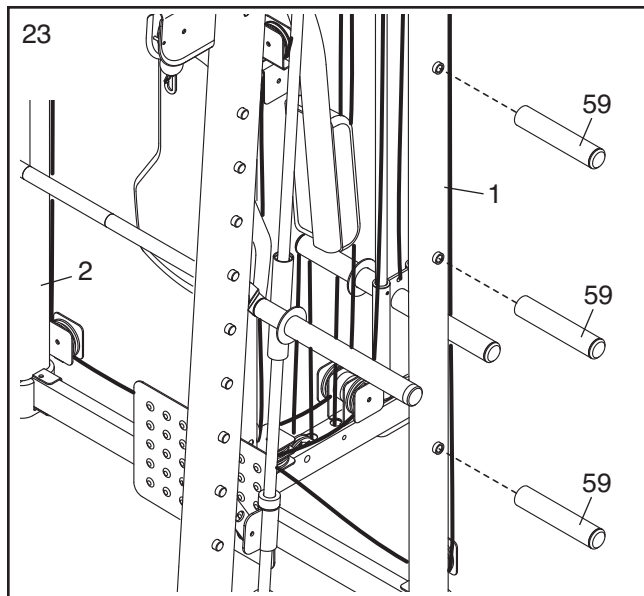
22. Slide a Weight Bar Adapter (22) onto the Weight Bar (18). Then, tighten a Weight Bar End Knob (44) into the Weight Bar.

Attach the other Weight Bar Adapter (not shown) in the same way.



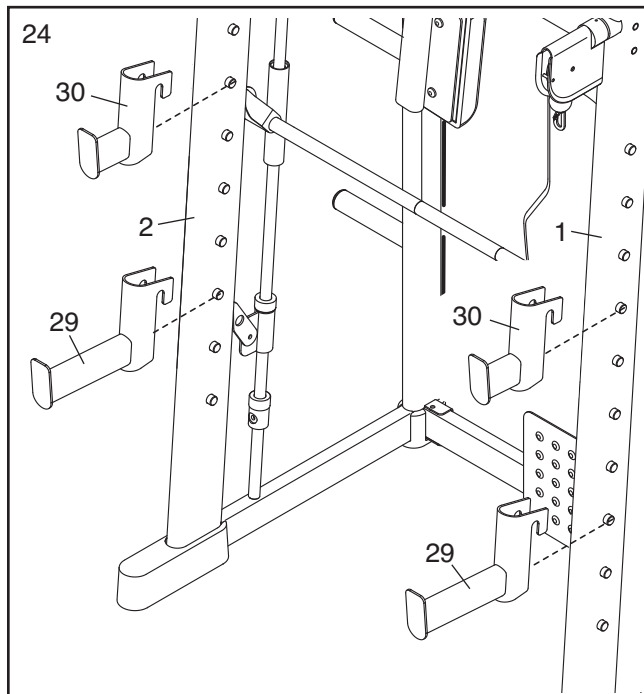
23. Tighten three Weight Storage Tubes (59) onto the Left Upright (1).

Tighten the remaining three Weight Storage Tubes (not shown) onto the Right Upright (2).



24. Set a Barbell Rest (30) onto the Left Upright (1). Set the other Barbell Rest (30) onto the Right Upright (2) at the same height.

Set the Barbell Spotter (29) onto the Left Upright (1) below the Barbell Rest (30). Set the other Barbell Spotter (29) onto the Right Upright (2) at the same height.



25. Make sure that all parts have been properly tightened. Note: Some hardware may be left over after assembly is completed. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 15.

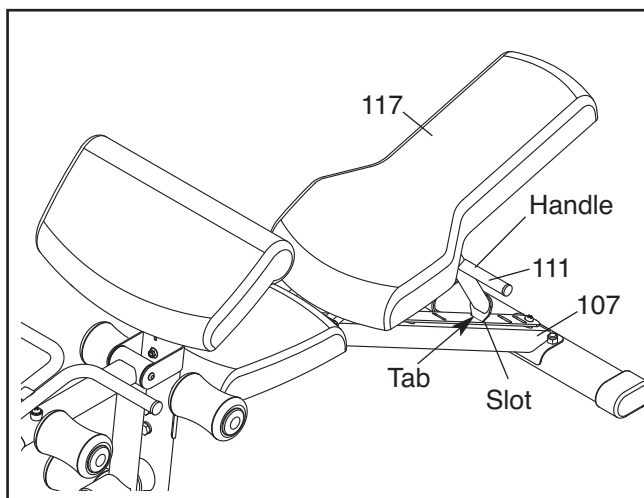
Before using the weight bench, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 19 for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See MAINTENANCE on page 18.**

ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 20 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

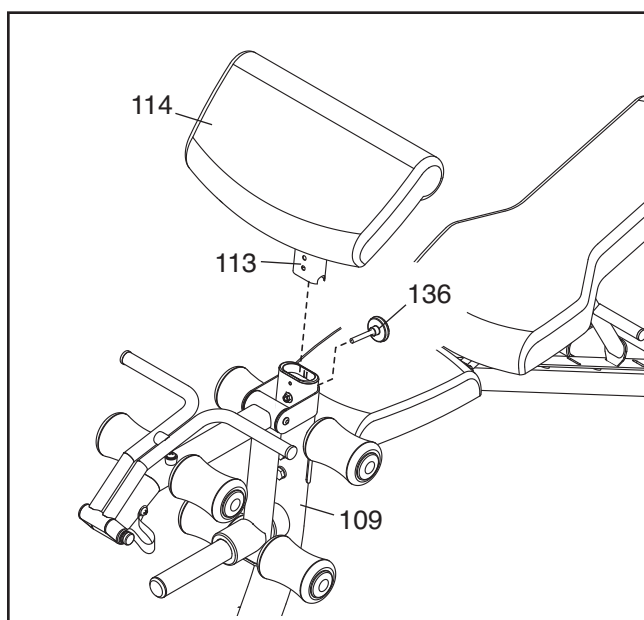
ADJUSTING THE BACKREST

To adjust the position of the Backrest (117), lift the indicated handle on the Backrest Post (111). Raise or lower the Backrest, and insert the tab on the lower end of the Backrest Post into one of the slots in the Bench Frame (107). **Make sure that the tab is fully inserted into one of the slots.**



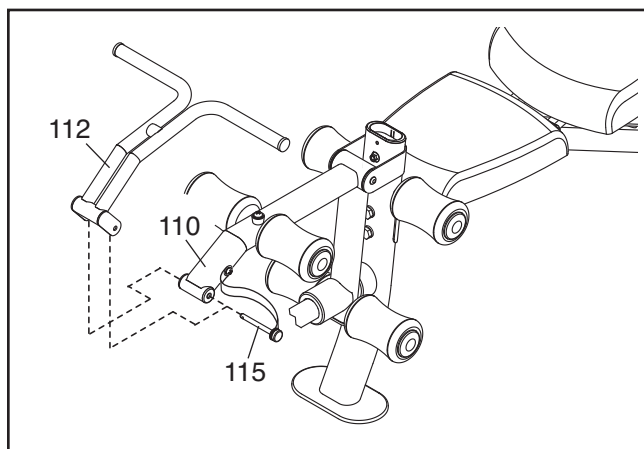
ATTACHING THE CURL PAD

To use the Curl Pad (114), insert the Curl Post (113) into the Front Leg (109) and secure the Curl Post with the Curl Knob (136). **Fully tighten the Curl Knob.**



ATTACHING THE CURL BAR

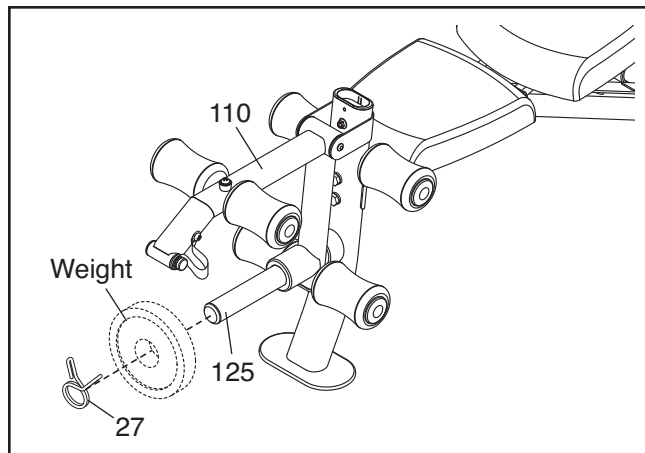
To use the Curl Bar (112), attach the Curl Bar to the Leg Lever (110) with the Curl Pin (115).



USING THE LEG LEVER

To use the Leg Lever (110), slide the desired weights (not included) onto the Olympic Adapter (125). Secure the weights with a Spring Collar (27). You can store unused weights on the Weight Storage Tubes (not shown) on the Uprights (not shown).

⚠ WARNING: Do not put more than 150 lbs. (68 kg) on the Leg Lever (110). Always secure weights with a Spring Collar (27).

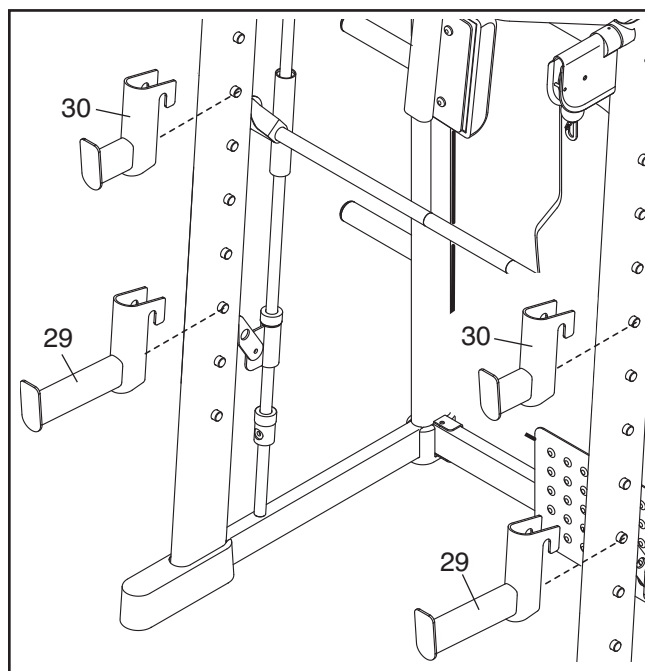


USING THE BARBELL RESTS AND THE BARBELL SPOTTERS

Before using a separate barbell (not included), set the Barbell Spotters (29) at the lowest point to which you want your barbell to move. To do this, see step 24 on page 14.

Adjust the two Barbell Rests (30) in the same way.

⚠ WARNING: Always adjust both Barbell Spotters (29) and both Barbell Rests (30) to the same height.



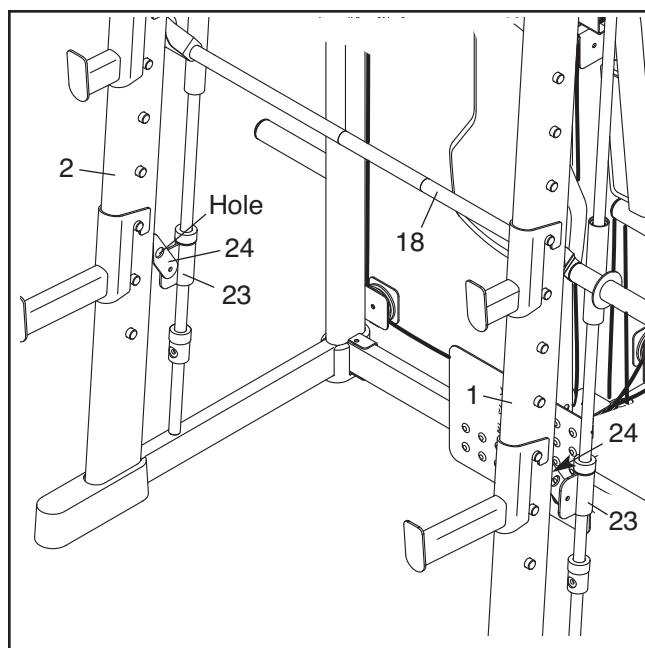
MOVING THE BARBELL SPOTTERS

To move the right Weight Bar Spotter (23), use the indicated hole to pull the right Spotter Hook (24) out of the slot in the Right Upright (2). Raise or lower the Weight Bar Spotter to a new position, and pivot the right Spotter Hook into a slot in the Right Upright.

Note: Always start an exercise with the Weight Bar Spotters positioned at the lowest point to which you want the Weight Bar (18) to move during the exercise.

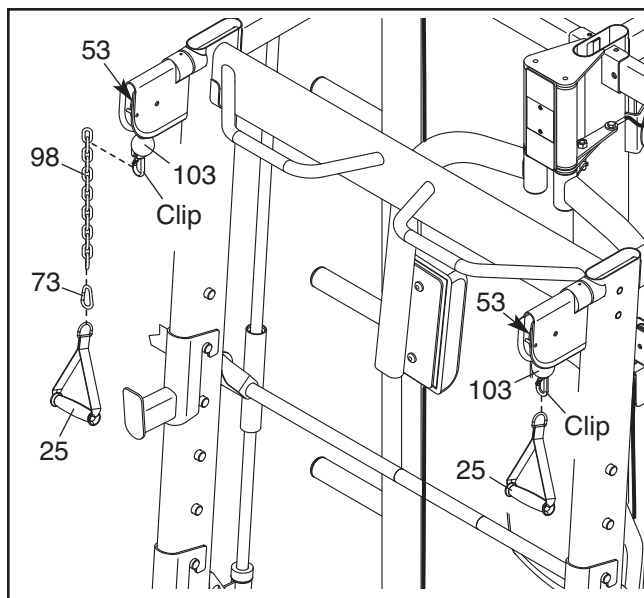
Adjust the left Weight Bar Spotter (23) and the left Spotter Hook (24) in the same way.

⚠ WARNING: Always set both Weight Bar Spotters (23) at the same height.



ATTACHING THE ACCESSORIES TO THE HIGH PULLEY STATION

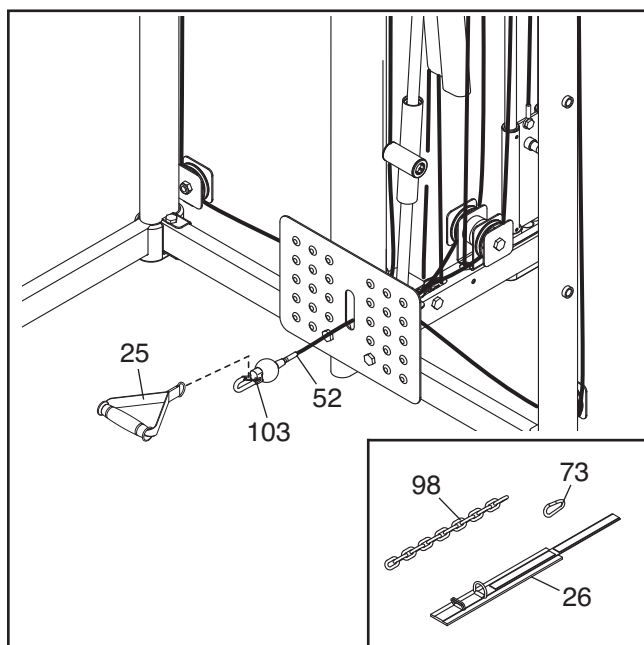
To use the high pulley station, first place the desired weights on the weight carriage (see **ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE** on page 18). Next, attach the Pulley Handles (25) to the High Cable (53) with the clip on the Cable Stop (103). For some exercises, the Chain (98) should be attached between the Pulley Handle and the Cable with a Cable Clip (73). **Adjust the length of the Chain between the Pulley Handle and the Cable so that the Pulley Handle is in the correct starting position for the exercise to be performed.**



ATTACHING THE ACCESSORIES TO THE LOW PULLEY STATION

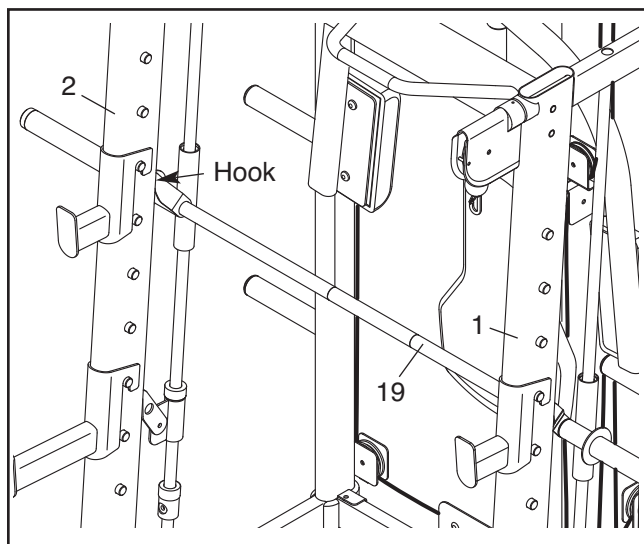
To use the low pulley station, first place the desired weights on the weight carriage (see **ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE** on page 18). Next, attach a Pulley Handle (25) to the Low Cable (52) with the clip on the Cable Stop (103).

See the inset drawing. The Ankle Strap (26) can be attached to the Low Cable (52) in the same way. For some exercises, the Chain (98) should be attached between the Pulley Handle (25) or the Ankle Strap and the Cable with a Cable Clip (73). **Adjust the length of the Chain between the Pulley Handle or Ankle Strap and the Cable so that the Pulley Handle or Ankle Strap is in the correct starting position for the exercise to be performed.**



USING THE LOCKING BAR

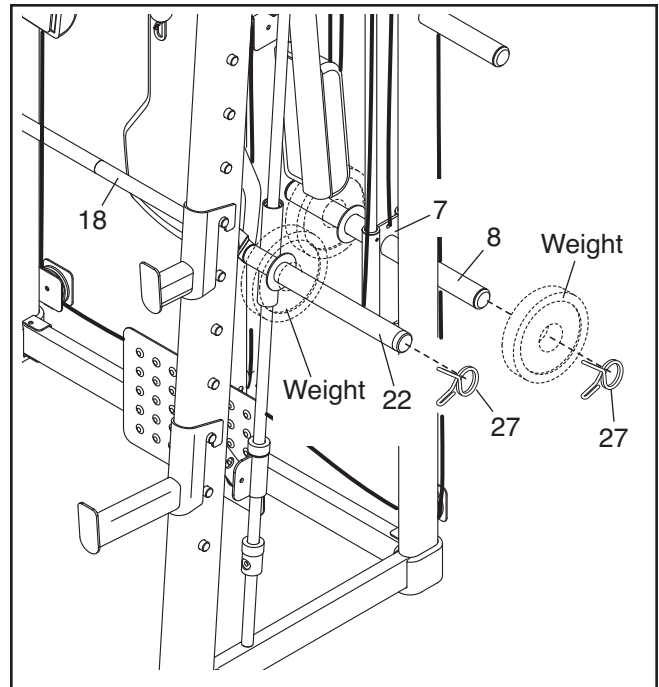
Grip the Locking Bar (19) with both hands. Turn the Locking Bar until the two hooks disengage the slots in the Left and Right Uprights (1, 2). Raise or lower the Locking Bar to a new position and turn it until the hooks engage slots in the Uprights.



ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE

To use the Weight Bar (18) or the Weight Carriage (7), slide the desired amount of weight (not included) onto the Weight Bar Adapters (22) or the Weight Carriage Tubes (8). Secure the weights with the Spring Collars (27).

⚠ WARNING: Do not place more than 310 lbs. (141 kg) on the Weight Bar (18), or 150 lbs. (68 kg) on the Weight Carriage (7). Always place the same amount of weight on each side of the Weight Bar or the Weight Carriage. Always secure weights with the Spring Collars (27). Always lower the weight carriage and the weight bar in a controlled manner; never let the weight carriage or the weight bar drop.



MAINTENANCE

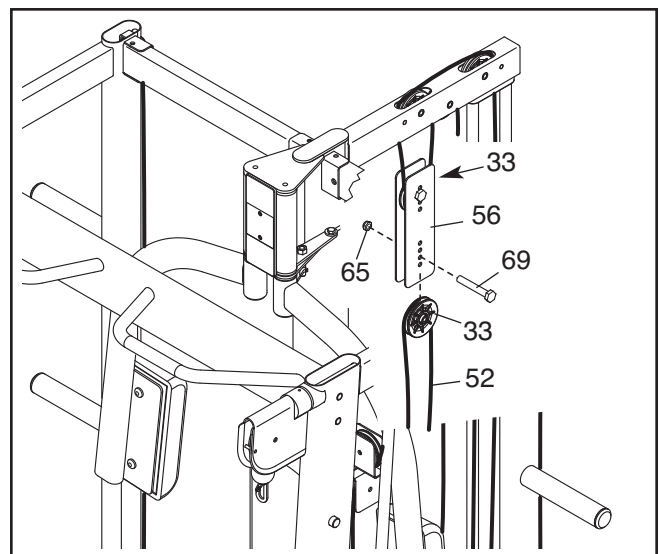
Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight bench.**

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight bench, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. First, add weights to the weight carriage (see **ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE** above).

Remove the M10 Locknut (65) and the M10 x 45mm Bolt (69) from the Small Pulley (33) near the lower end of the two Pulley Plates (56). Reattach the Small Pulley to the hole closer to the center of the Pulley Plates. **Make sure that the Low Cable (52) and the Small Pulley move smoothly.**

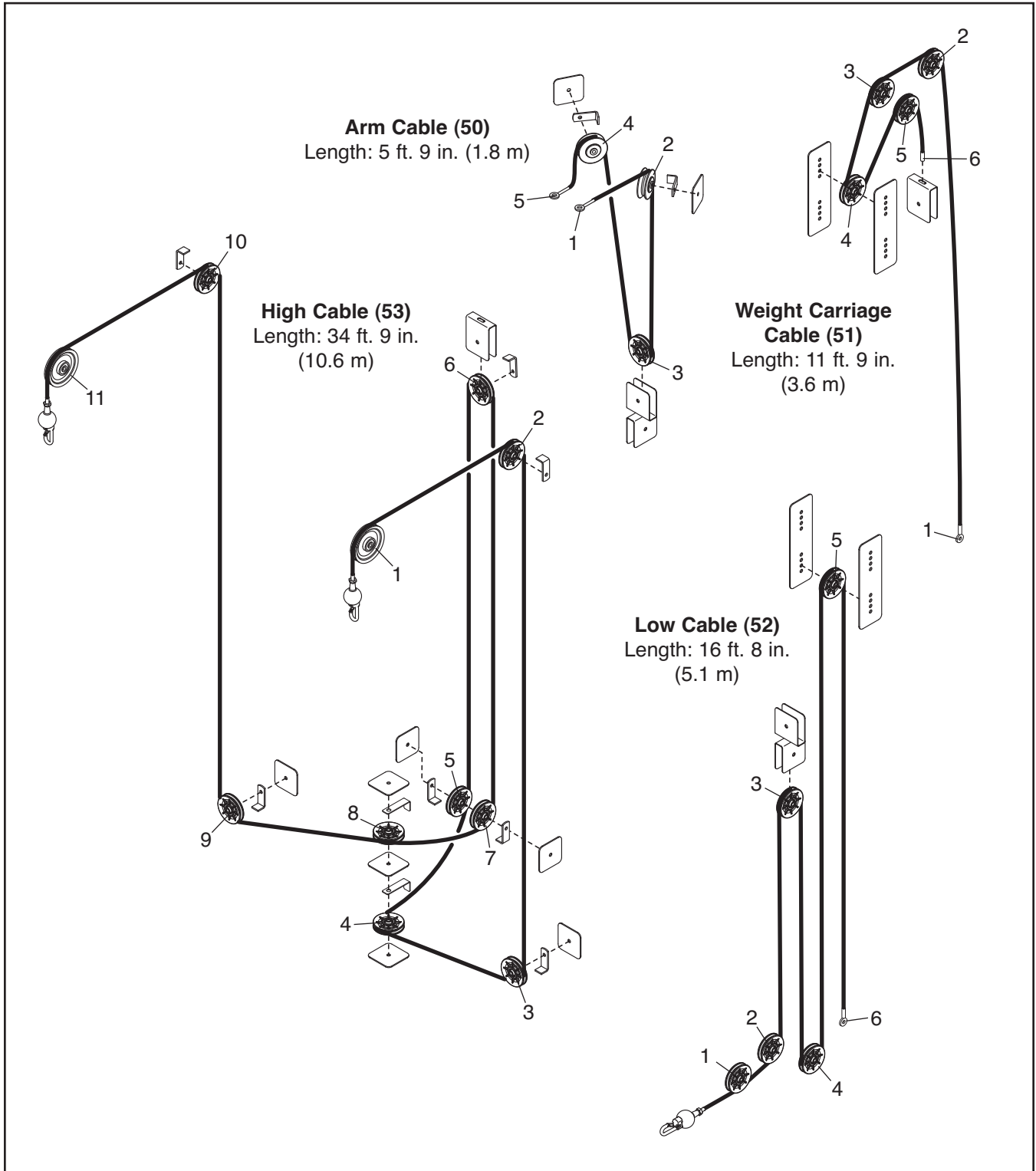
If necessary, adjust the position of the Small Pulley (33) near the upper end of the Pulley Plates (56) in the same way.



Do not overtighten the cables. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If a cable needs to be replaced, see the back cover of this manual.

CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper routing for that cable. Use the diagram to make sure that the cables and the cable traps are assembled correctly. If the cables and the cable traps are not assembled correctly, the weight bench will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature, and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled way will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stroke of each repetition should last about half as long as the return stroke. Proper breathing is important. Exhale during the exertion stroke of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods follow:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

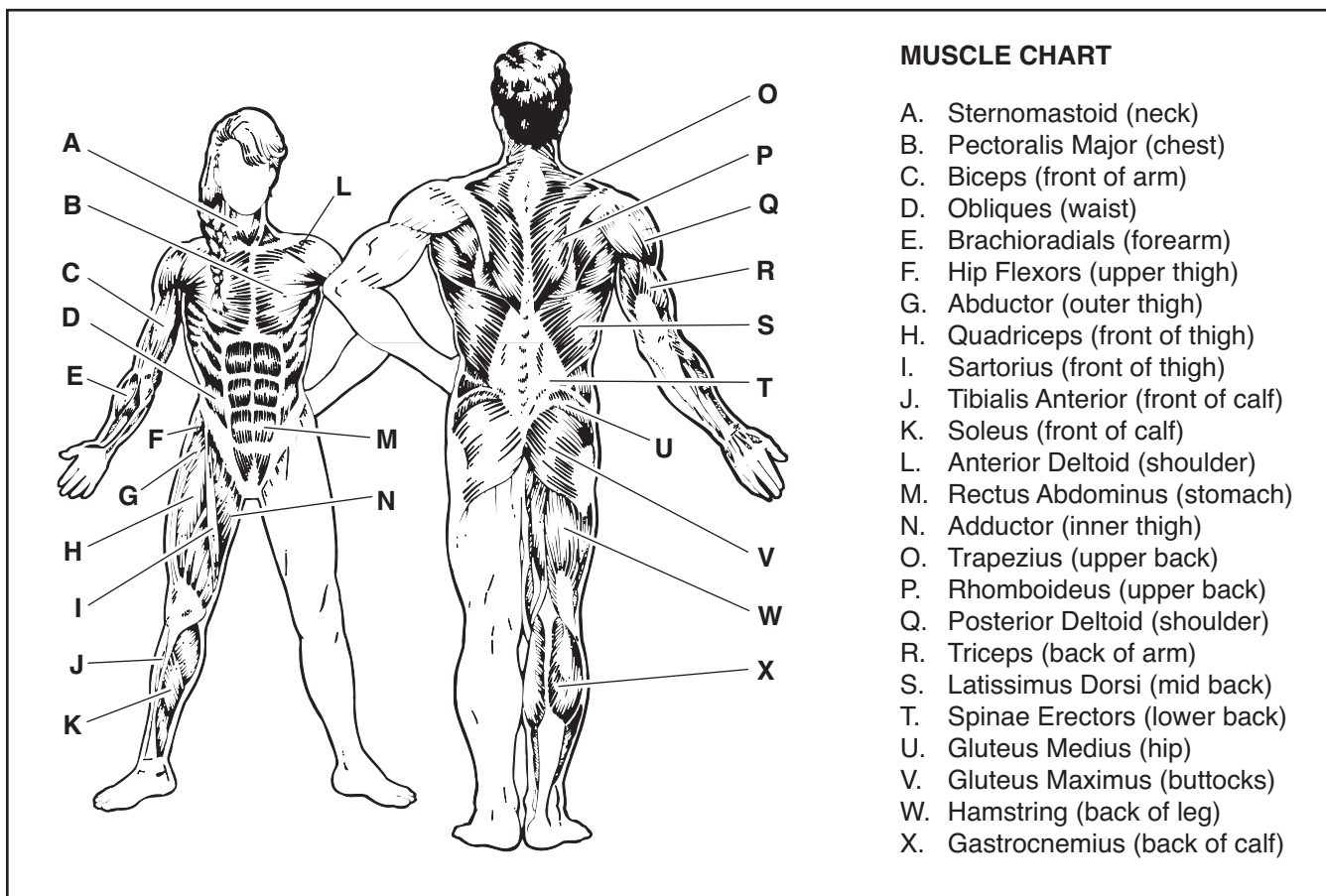
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

PART LIST—Model No. NTSY1908.0

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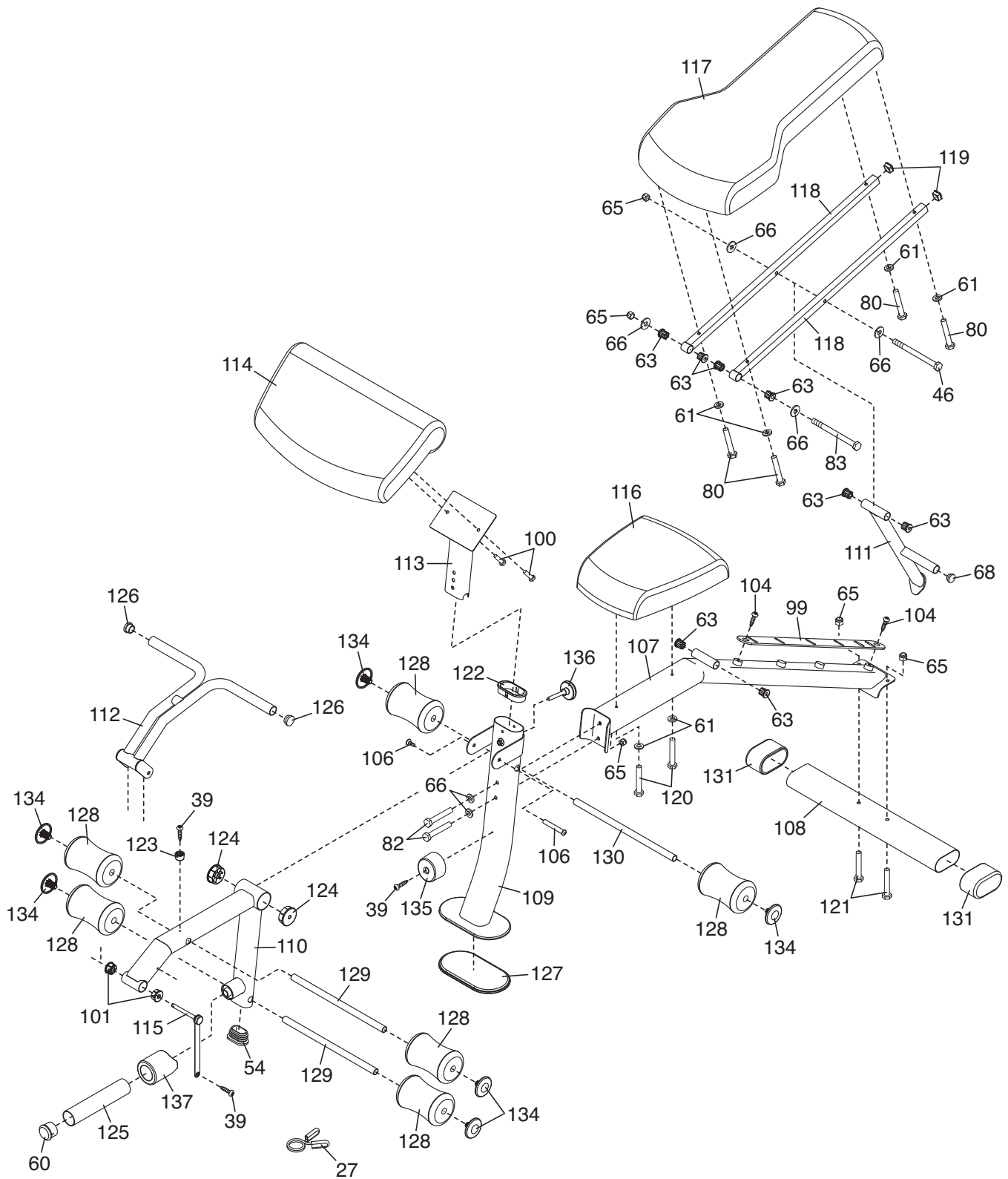
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright	51	1	Weight Carriage Cable
2	1	Right Upright	52	1	Low Cable
3	1	Center Upright	53	1	High Cable
4	1	Top Frame	54	3	40mm x 70mm Inner Cap
5	4	Hinge Frame	55	9	Cable Trap
6	2	Carriage Guide	56	2	Pulley Plate
7	1	Weight Carriage	57	1	Double U-bracket
8	2	Weight Carriage Tube	58	1	U-bracket
9	1	Upright Backrest	59	6	Weight Storage Tube
10	2	Arm Rod	60	9	48mm Round Inner Cap
11	1	Left Arm Frame	61	8	M6 Washer
12	1	Right Arm Frame	62	4	Weight Carriage Bushing
13	1	Left Arm	63	8	Backrest Bushing
14	1	Right Arm	64	4	Swivel Bracket Bearing
15	2	Arm Pad	65	40	M10 Locknut
16	1	Center Upright Plate	66	33	M10 Washer
17	2	Weight Bar Guide	67	12	Large Pulley Spacer
18	1	Weight Bar	68	1	25mm Round Inner Cap
19	1	Locking Bar	69	8	M10 x 45mm Bolt
20	2	Weight Bar Carriage	70	2	Small Pulley Spacer
21	2	V-pulley	71	6	M10 x 20mm Bolt
22	2	Weight Bar Adapter	72	4	M6 x 10mm Screw
23	2	Weight Bar Spotter	73	1	Cable Clip
24	2	Spotter Hook	74	4	Weight Bar Spotter Snap Ring
25	2	Pulley Handle	75	4	Bar Slide Bushing
26	1	Ankle Strap	76	8	Weight Bar Bushing
27	3	Spring Collar	77	4	Weight Bar Bumpers
28	1	Foot Plate	78	2	M6 x 170mm Screw
29	2	Barbell Spotter	79	2	M8 x 20mm Shoulder Bolt
30	2	Barbell Rest	80	4	M6 x 40mm Screw
31	2	Swivel Bracket Cap	81	5	M10 x 50mm Bolt
32	2	Swivel Bracket	82	9	M10 x 65mm Bolt
33	19	Small Pulley	83	1	M10 x 175mm Bolt
34	2	Large Pulley	84	6	M8 Locknut
35	1	Right Rear Upright Cap	85	2	M10 x 90mm Screw
36	2	Arm Stop	86	9	Cable Guard
37	2	Rack Foot	87	8	M10 x 100mm Bolt
38	2	Front Upright Cap	88	6	M12 x 75mm Screw
39	15	M4 x 19mm Self-tapping Screw	89	1	Backrest Bracket
40	4	Rack Foot Pad	90	4	M5 x 19mm Screw
41	4	Center Upright Foot	91	6	M12 x 25mm Patch Screw
42	1	Pulley Bracket Spacer	92	2	M10 x 60mm Bolt
43	2	Large Cable Trap	93	4	M12 Washer
44	2	Weight Bar End Knob	94	4	M10 x 55mm Screw
45	2	Weight Bar Spotter Bumper	95	1	M10 x 25mm Bolt
46	1	M10 x 168mm Bolt	96	1	Left Rear Upright Cap
47	2	M4 x 16mm Screw	97	1	M10 x 130mm Bolt
48	1	M10 x 155mm Bolt	98	1	Chain
49	8	Arm Bushing	99	1	Bench Plate
50	1	Arm Cable	100	6	M6 x 20mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Curl Bar Bushing	122	1	Curl Pad Bushing
102	2	75mm x 50mm Inner Cap	123	1	Curl Bumper
103	3	Cable Stop	124	2	Leg Lever Bushing
104	2	M10 x 16mm Screw	125	1	Olympic Adaptor
105	2	100mm x 50mm Inner Cap	126	2	Curl Bar Cap
106	1	M10 x 107mm Bolt Set	127	1	Front Leg Plate
107	1	Bench Frame	128	6	Foam Pad
108	1	Bench Stabilizer	129	2	Short Pad Tube
109	1	Front Leg	130	1	Long Pad Tube
110	1	Leg Lever	131	2	Bench Stabilizer Cap
111	1	Backrest Post	132	3	150mm x 50mm Inner Cap
112	1	Curl Bar	133	4	Bracket Snap Ring
113	1	Curl Post	134	6	19mm Round Cap
114	1	Curl Pad	135	1	Leg Bumper
115	1	Curl Pin	136	1	Curl Knob
116	1	Seat	137	1	Weight Spacer
117	1	Backrest	*	–	User's Manual
118	2	Backrest Frame	*	–	Exercise Guide
119	2	25mm Square Cap	*	–	Grease Packet
120	2	M6 x 65mm Screw	*	–	Hex Key
121	2	M10 x 65mm Carriage Bolt			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

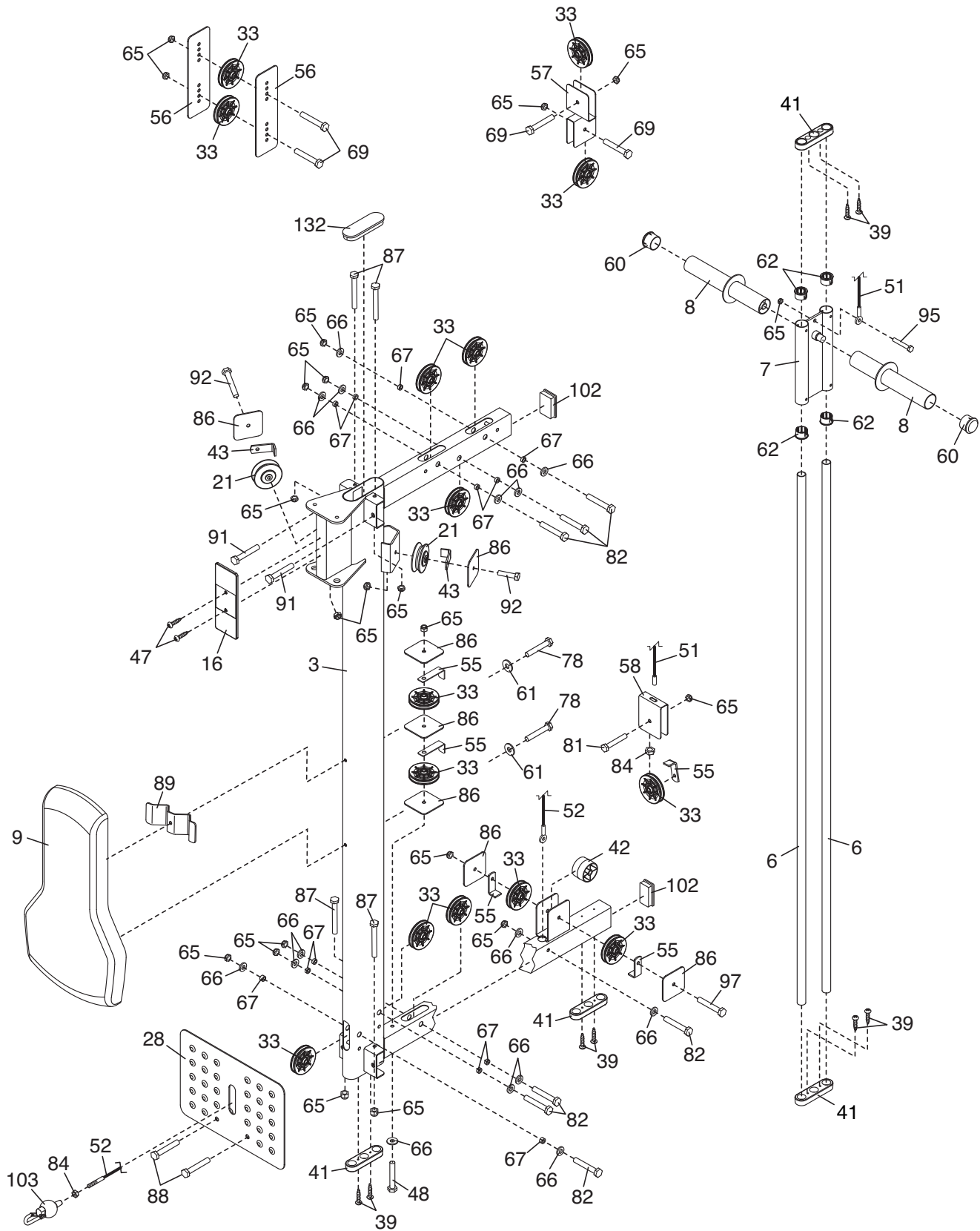
EXPLODED DRAWING A—Model No. NTSY1908.0

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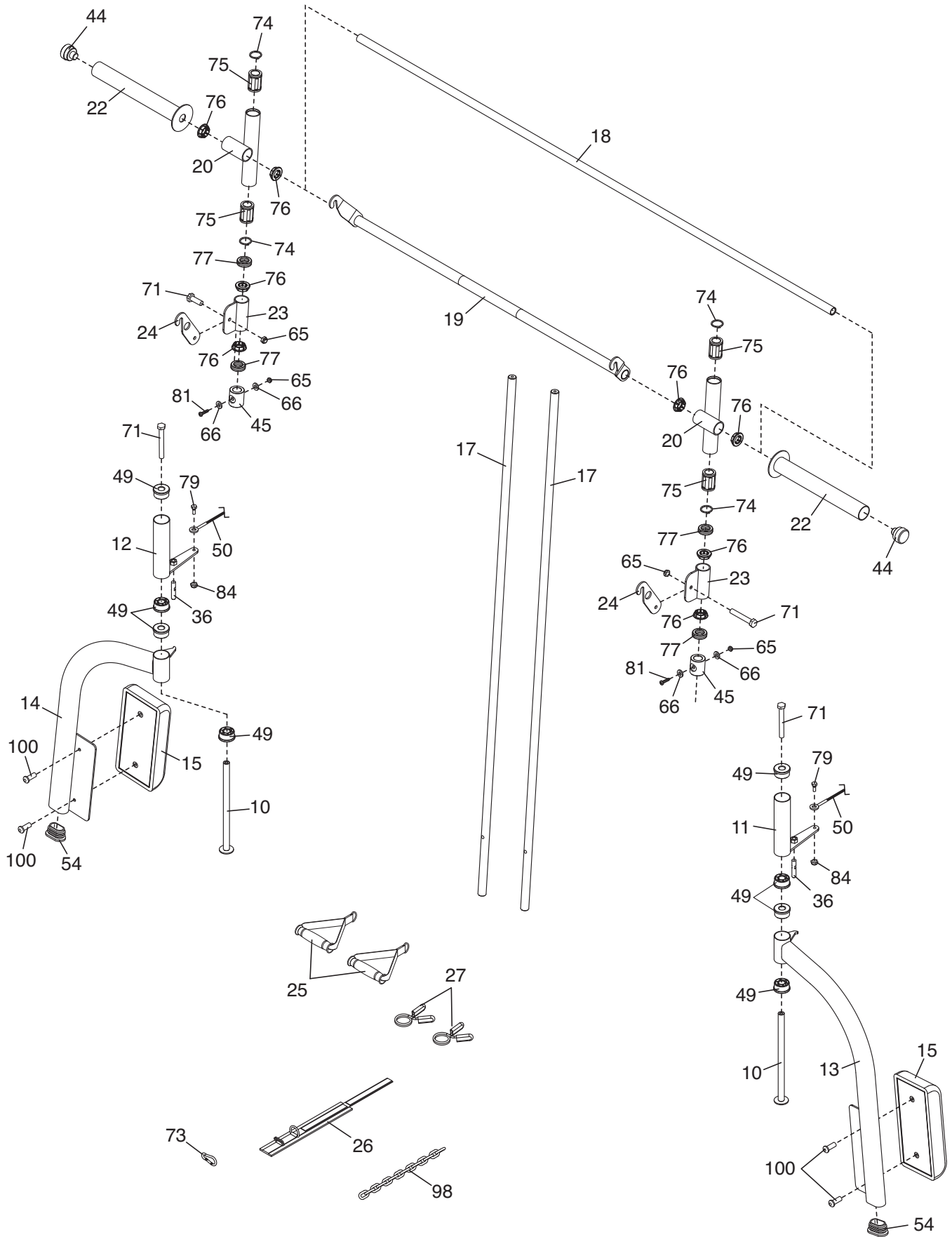
EXPLODED DRAWING C—Model No. NTSY1908.0

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EXPLODED DRAWING D—Model No. NTSY1908.0

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ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

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